

Instant Pot Meal Plan: Easy Recipes for Beginners

Shopping List

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Meats

- 1 pork shoulder roast (4 lbs)
- 4 thick cut boneless pork chops
- 1 pound lean ground sausage
- 8 large boneless skinless chicken breasts
- 1 boneless chuck-eye roast (3-4lb)

Dairy

- 2 tbsp unsalted butter
- 2 cups half & half
- 2 cups shredded cheddar cheese
- 2 cups whole milk
- 2 eggs

Produce

- 5 white or yellow onions
- 9 cloves garlic
- 4 cups bite-size broccoli florets
- 1 cup matchstick carrots
- 2 green onions
- ½ ounce dried porcini mushrooms
- 2 lbs small Yukon gold potatoes

Bakery

- 8 sandwich buns (for Pulled BBQ Chicken)

Canned and Dry Goods

- 1 bottle hickory Liquid Smoke
- 6 cups long-grain white rice
- 2 cans reduced-sodium chicken broth
- 1 can (28oz) crushed tomatoes in puree
- 1 package (16oz) farfalle bow tie pasta
- 6 Tbsp tomato paste
- 2 cups beef broth
- 1 cup Arborio rice
- 1 cup prepared barbecue sauce
- 1 packet Onion Soup Mix
- 1 can (8oz) mushrooms

Pantry Items

- vegetable oil
- olive oil
- sesame oil
- course kosher or Hawaiian salt
- red pepper flakes
- cornstarch
- dried basil
- ½ cup soy sauce
- ¼ cup ketchup
- ½ cup honey
- ¾ cup raisins
- toasted sesame seeds
- ½ cup sugar
- vanilla extract
- salt
- pepper